Butternut Squash Pancakes

Adapted from the Vegetarian Times
http://www.vegetariantimes.com/recipe/butternut-squash-pancakes/

Servings Per Recipe: 5
Serving Size: 4 pancakes
Per Serving: 130 Calories, 3 gm Protein, 22gm Carbohydrate

2 cups peeled and grated butternut squash (1 lb).
1 cup grated potato (about 1 medium)
1 Cup grated raw carrots
1 medium red onion, grated (½ cup)
2 tsp. salt
2 cloves garlic, minced
1 tsp. dried sage
¼ tsp. grated nutmeg
1 large egg, beaten
3 Tablespoons low protein baking mix
Salt and ground black pepper
Vegetable oil for frying

Directions

1. Place squash, potatoes and onion into a colander. Add 2 teaspoons salt, mix and let drain over sink, about 15 minutes. Press vegetables several times to extract water.

2. Transfer vegetables to a medium bowl. Add garlic, sage, nutmeg and egg and mix thoroughly. Add flour and season with salt and pepper and mix thoroughly.

3. Heat about 1/8-inch oil in heavy-bottomed large skillet. Using a heaping tablespoon, drop pancakes into oil; press down with a spatula to flatten and ensure even cooking. Cook 1 to 3 minutes on each side, until golden brown. Remove to platter and keep warm. Cook remaining batter adding more oil to pan when necessary.

Serving Suggestion: Serve with Low-Protein rice